

### REMARKS

Applicants and applicants' attorney express appreciation to the Examiner for the Examiner's review of the applicants' application. In the substitute specification enclosed herewith, the word "cam" that previously referenced the member identified by numerals 22a and 22b has now been changed to "cam follower" in accordance with the suggestion of the Examiner.

The Examiner rejected claims 1-23 and indicated that claim 24 is allowable for reasons stated in the "Allowable Subject Matter" section of the office action. Certain independent claims and certain dependent claims have now been amended. Particularly as amended, the claims are now in condition for allowance.

For example, claim 1 has been amended to include language relating to a push rod selectively contacting different portions of the moveable member and claim 17 has been amended to include language relating to a push rod selectively contacting different portions of a rotating member. These amended claims thus incorporate some elements that are similar to or the same as certain elements recited in the Allowable Subject Matter section of the office action. Particularly as amended, these claims are not taught by the references cited by the Examiner ("cited references").

Claims 9-11 have been amended to include language relating to a rod and a biasing member configured to bias the rod with respect to the moveable member. Particularly as amended, claim 9 is not taught by the cited references. Although the phrase "biasing member" is not explicitly used in the specification, paragraphs 43 and 44 specifically discuss a spring 79 shown in Figures 4B-4C that normally biases push rod 54 into the extended, locked position. The spring is thus a biasing member.

The cited references Brice, Speyer, and Bowman, et al, fail to individually or collectively disclose or suggest “first and second opposing locking mechanisms each having a portion configured to extend through the weight plates and into the interior surface of the handle, wherein at least one locking mechanism comprises: (i) a moveable member configured to selectively engage the interior surface of an end of the handle; (ii) a rod configured to selectively move the moveable member, and (iii) a biasing member configured to bias the rod with respect to the moveable member,” as claimed in claim 9.

Claim 14 specifically recites a threaded member and a rod configured to selectively move the threaded member. The cited references Brice, Speyer, and Bowman, et al, fail to individually or collectively disclose or suggest “first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising: (i) a moveable threaded member that selectively engages an interior surface of the handle; and (ii) a rod configured to selectively move the moveable threaded member with respect to the interior surface of the handle,” as claimed in claim 14.

Claim 21 claims a rod configured to move in a linear direction, as reflected in Figures 4B and 4C, for example, and throughout the specification and drawings. The cited references Brice, Speyer, and Bowman, et al, fail to individually or collectively disclose or suggest “first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising a cam assembly that selectively engages an interior surface of the handle wherein the at least one cam assembly comprises (i) a member that rotates from a nonengaged position to an

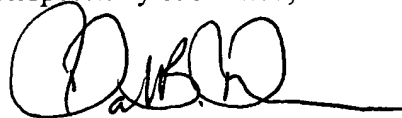
engaged position; and (ii) a rod configured to move in a linear direction in order to cause the member to rotate from the nonengaged position to the engaged position," as claimed in claim 21.

The amendments to the claims have a basis throughout the original specification, drawings, and claims.

Thus, reconsideration and allowance for the above-identified application are now respectfully requested. In the event that the Examiner finds remaining impediment to a prompt allowance of this application that may be clarified through a telephone interview, the Examiner is requested to contact the undersigned attorney.

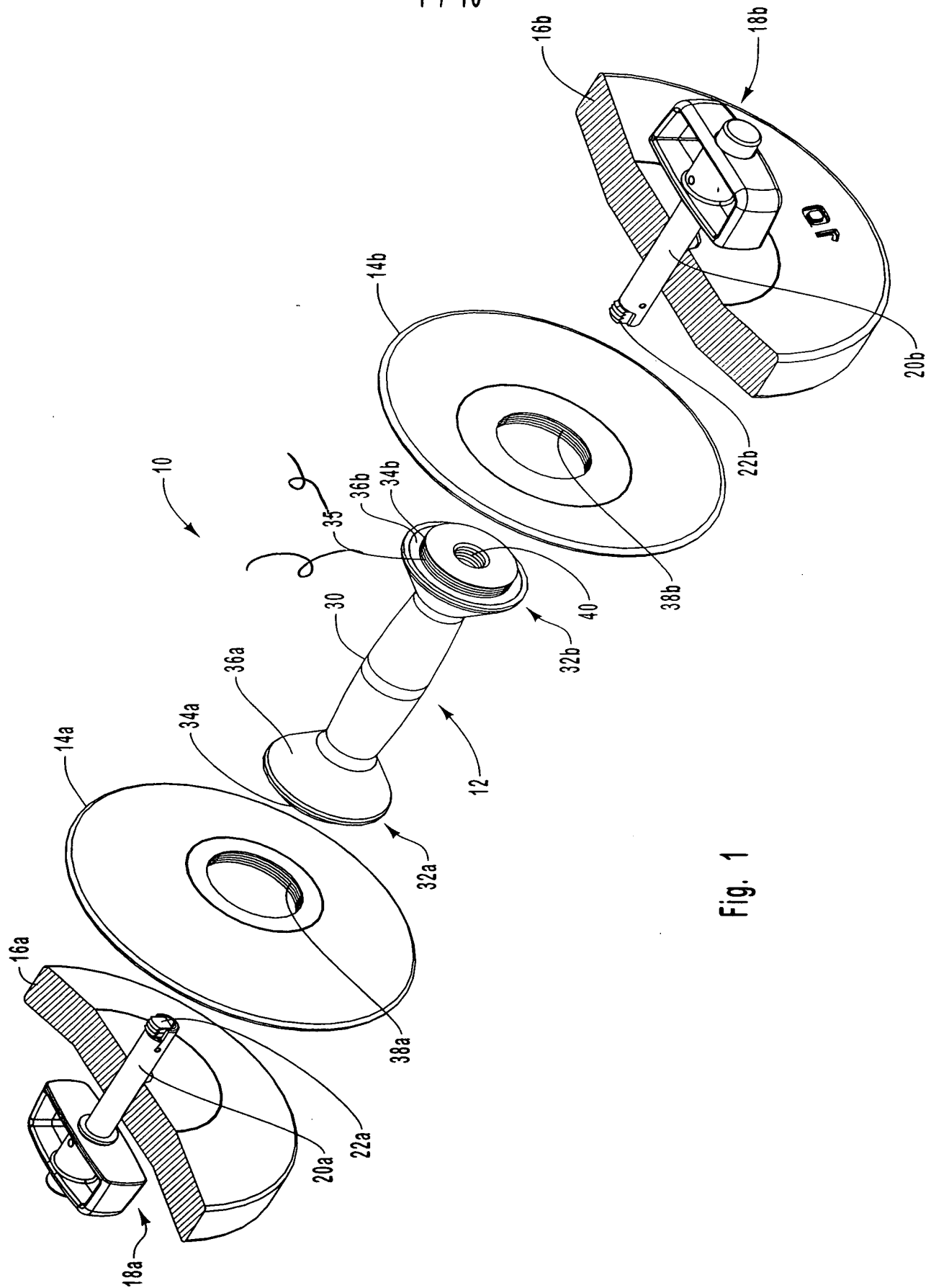
Dated this 16th day of May, 2005.

Respectfully submitted,



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**Fig. 1**